

kindbody

Navigating Fertility *Around the Holidays*

November-December 2024



Kindbody Santa Monica Team

The holiday season is an important time to talk about the challenges that many will experience when it comes to navigating a fertility journey. From family comments and questions to internal struggles, this time of year is fraught with complexity. We want to provide helpful tools that can be used during this time. The end of the year is also a time to reflect and focus on overall health goals for the new year. At Kindbody, we believe in taking a whole-person approach to reproductive medicine.

We'll be hosting two virtual events in November & December:

- Navigating Fertility Around the Holidays | Thursday, November 14th
- The Whole-Person Approach: Kindbody 360 | Wednesday, December 11th

Help us promote this campaign and events your team.

This toolkit contains informative assets that you can use:

1. Email template for internal memos *Pg 4*
2. Short-form blurb for chat channels *Pg 5*
3. Kindbody email campaign (for you to opt into) *Pg 6*
4. Flyer *Pg 8*
5. Digital screen *Pg 9*
6. Event schedule *Pg 11*



Emails & Messaging Templates

**Template message to email to your team:
Recommended send date: Thursday, November 7**

As the holiday season approaches we are keenly aware of the sensitivity of this time, especially surrounding fertility and our health. This is an important time to seek support and education surrounding self-care and wellbeing.

We'd like to take this opportunity to highlight your Kindbody benefit, which offers comprehensive support for those facing fertility challenges or those who simply want to take better care of themselves—particularly with our Kindbody 360 offering. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

More about Kindbody:

With Kindbody, you and/or your partner can access:

- A world-class team of fertility experts and clinicians
- Personalized clinical consultations
- IVF and other assisted reproductive services
- Fertility preservation options—such as egg freezing

Have you activated your Kindbody benefit? Click [here](#) to sign up and create your complimentary Kindbody account.

Want to learn more? Click [here](#) to RSVP for upcoming virtual events hosted by Kindbody:

- Navigating Fertility Around the Holidays
Thursday, November 14th at 1:30pm ET
- The Whole-Person Approach: Kindbody 360
Wednesday, December 11th at 1:30pm ET

**Template message to use on internal
chat platforms (e.g. Slack)**
Recommended send date: Thursday, November 7

The holiday season is such an important time to seek support and education surrounding self-care and wellbeing.

Kindbody, your family-planning benefit, offers comprehensive support for those facing fertility challenges or those who simply want to take better care of themselves—particularly with our Kindbody 360 offering. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

Have you activated your Kindbody benefit? Click [here](#) to sign up and create your complimentary Kindbody account.

Want to learn more? Click [here](#) to RSVP for upcoming virtual events hosted by Kindbody:

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With your approval, we'll send an email to your eligible members to promote our November and December virtual events.

Audience:


Eligible members with an email address on file* who have not previously enrolled

Send Date:

Thursday, November 7, 2024

Please opt in by October 29th if you'd like an email to be sent to your eligible population.

Opt In for Email



Navigating the Holiday Season

As the holiday season approaches we are keenly aware of the sensitivity of this time, especially surrounding fertility and our health. This is an important time to seek support and education surrounding self-care and wellbeing.

We'd like to take this opportunity to highlight your Kindbody benefit, which offers comprehensive support for those facing fertility challenges or those who simply want to take better care of themselves—particularly with our Kindbody 360 offering. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

Activate benefit

- [Employer's] access code is XXXXX
- Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID + S

More about your Kindbody benefit:

Your Kindbody benefits provide you and/or your partner with:


- A world-class team of fertility experts and clinicians
- Comprehensive fertility consultations
- Fertility clinics located across the country
- 24/7 chat access to have your questions answered

Activate benefit

Learn how to navigate the holiday season amid fertility struggles and prioritize your overall health during upcoming Kindbody webinars:


Navigating Fertility Around the Holidays
Thursday, November 14
1:30pm ET / 10:30am PT

The Whole Person Approach: Kindbody360
Wednesday, December 11
1:30pm ET / 10:30am PT



RSVP

Contact us at any time.
employeebenefits@kindbody.com
1-855-KND-BODY



View Full Email

**If you do not already provide an eligibility file, our team will coordinate receiving a list of email addresses from you if you'd like to opt into the email*

Flyers & Digital Signage

Recommendations for using this flyer:

- Share with your ERG leaders to distribute
- Include as an email attachment to employees
- Print and post around your worksite
- Post to your intranet

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NOVEMBER/DECEMBER 2024

Navigating the Holidays

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We'd like to take this opportunity to highlight your Kindbody benefit, which offers comprehensive support for those facing fertility challenges or those who simply want to take better care of themselves—particularly with our Kindbody360 offering. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

With Kindbody, you and/or your partner have access to:

- A world-class team of fertility experts
- Comprehensive fertility assessments
- IVF and other assisted reproductive services
- Egg freezing and fertility preservation options

Knowledge is power. Activate your Kindbody benefits.

Visit kindbody.com/activate-now to activate your benefits and schedule a personalized consultation from a Kindbody fertility expert.

Questions?
Email employeebenefits@kindbody.com



Navigating the Holidays
90% of those that struggle with infertility experience depression. The holiday season can be particularly difficult for those dealing with fertility issues.

Self-care and Wellbeing
According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Nutrition, exercise, and prioritization of mental health are essential.

Kindbody360
At Kindbody, supporting your emotional, mental, and physical health is an essential part of how we provide the best care possible. Our "whole person" approach curates integrative care plans based on all dimensions of your life.

November/December Virtual Events

Navigating Fertility Around the Holidays
Thursday, November 14
1:30pm ET / 10:30am PT

The Whole-Person Approach: Kindbody 360
Wednesday, December 11th
1:30pm ET / 10:30am PT



Scan to register.

Download File

Recommendations for using:

- Display on available digital monitors located onsite.

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Navigating the Holidays



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Around the Holidays**
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RSVP
Scan to learn more

employeebenefits@kindbody.com • 1-855-KND-BODY

[Download File](#)

To download to your computer, click "Download File" then right click the image > Save As

Upcoming Events



Navigating Fertility Around the Holidays

Thursday, November 14
1:30pm ET/ 10:30am PT

Kindbody Licensed Therapist, Judith Kottick, and Kindbody Reproductive Endocrinologist, Dr. Kristen Cain, will walk us through some of the challenges that many will experience when it comes to fertility and the holiday season.

They will cover topics like:

- How to handle intrusive or inappropriate questions from prying family members
- How to cope with complicated feelings
- Tangible mental health tips
- How to manage scheduling fertility treatment during the holidays
- How to handle privacy around family

[Learn more](#)



The Whole-Person Approach: Kindbody 360

Wednesday, December 11
1:30pm ET/ 10:30am PT

As the year comes to a close, we want to focus on our overall health. Infertility, like many other health struggles, is not isolated to our reproductive organs. At Kindbody, we believe in taking a whole-person approach to reproductive medicine. In this session, you will learn all about how nutrition, mental health, movement, and other modalities can improve the overall functioning of our bodies and how the Kindbody 360 program works.

[Learn more](#)

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Have any questions?

For additional support, please reach out to your Kindbody account manager.

Thank you!